

SNAP-Ed Toolkit for Early Childhood

An Essential On-Line Resource for the Promotion of Healthy Eating and Activity

Early care and education (ECE) settings such as child care centers, family child care homes and preschools, are ideal settings for engaging young children in healthy eating and physical activity. Children are often in care on a daily basis for several hours at a time and often for full days. Additionally, it is during the early years, from birth to age five, when many future habits are developed, including eating and activity habits.

Creating and maintaining effective nutrition education and physical activity programs in ECE settings involves engaging family child care providers, preschool teachers, center directors and parents. Using developmentally appropriate, practice- and/or evidence-based resources, is key to effective program development.

The Early Childhood On-Line Supplemental Nutrition Assistance Program Education (SNAP-Ed) Toolkit was designed to help professionals working with early care and education providers and parents to quickly find the resources they need to support and promote healthy eating and physical activity in child care.

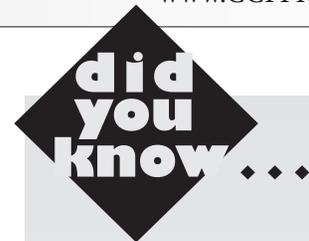


Steps in Planning Age Appropriate Activities:

■ Assess and Plan

Assessment tools provide a “snapshot” of the current environment and practices, as well as identify areas where changes are potentially needed; thereby providing a foundation for goal-setting. Planning should address assessment areas identified for change through the development of an implementation plan with specific, measurable, achievable, realistic and time-specific (SMART) objectives. Implementation plans should also identify essential tasks, responsible persons and timelines.

(continued on page 2)



- ▶ April is Month of the Young Child! Hug, play, kiss, talk, cuddle, listen, laugh and snuggle with your child—every day!
- ▶ April is National Child Abuse Prevention Month. It is everyone’s responsibility to nurture and protect children; always report abuse.
- ▶ Before the measles vaccine was available, every year an average of 450 people died from measles; most of them were healthy children.
- ▶ Measles is still common and large outbreaks still occur in many parts of the world.
- ▶ Symptoms of measles do not occur until 7–18 days after exposure. A person is contagious from 4 days before until 4 days after the rash appears.

Sources: Pathfinder Publications Inc., American Academy of Pediatrics, webmd.com

Quotable Quotes

“A hot dog at the park is better than a steak at the Ritz.”

– Humphrey Bogart

INSIDE:

- ◆ Measles Outbreak Information
- ◆ Let’s Grow Seeds!

- ◆ Recipes
- ◆ Food Funny

SNAP-Ed Toolkit for Early Childhood

— Continued from front page

Tools to Help with Assessment and Planning:

Creating Healthy Opportunities in Child Care Environments (CHOICE)

www.cocokids.org/child-health-nutrition/c-h-o-i-c-e-toolkit-self-assessment-questionnaire/

This self-assessment tool and links to resources to help assess ECE nutrition and physical activity environments, uses best practices to develop and implement written policies and procedures.

Let's Move Child Care Checklist Quiz

www.healthykidshealthyfuture.org

The Let's Move! Child Care Checklist Quiz is based on the Nutrition and Physical Activity Self-Assessment for Child Care (NAPSACC) program and addresses the five categories of the Let's Move Initiative goals for early care and education: physical activity, screen time, food, beverages and infant feeding.

■ Implementation

In addition to a clear, written plan for making changes, informed by assessment and planning activities, a variety of practice-based and evidence-based resources are available to support the implementation of nutrition and physical activity efforts in ECE settings.

Sources of Educational Materials:

Farm to School Curricula

www.farmtopreschool.org/curricula.html

This resource is a list of nutrition and/or garden-based education curricula that is utilized by Farm to Preschool programs throughout the US.

Farm to Preschool Harvest of the Month Curriculum

www.farmtopreschool.org/documents/FarmtoPreK_Curriculum_1Year_2013.pdf

The Farm to Preschool program is designed for preschool-age children in any type of early care and education setting. The program is designed to teach children where food comes from and why gardening and locally grown food is important. The lessons can be used

to connect parents to what their children are learning and how these experiences can be continued at home.

USDA My Plate for Preschoolers

www.choosemyplate.gov/preschoolers.html

My Plate for Preschoolers is a section of the My Plate website that assists parents and early care and education professionals in helping preschoolers eat well, be active and healthy. Topics covered include developing healthy eating habits, picky eating, food safety, meal patterns and more.

USDA Nutrition and Wellness Tips for Young Children

www.fns.usda.gov/tn/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program/

This handbook was developed by USDA to address wellness recommendations for children ages 2–6. The handbook contains a series of tip sheets with ideas for hands-on activities and practical application covering a variety of relevant topics, including ways to build a healthy plate, promoting water consumption, limiting screen time and encouraging physical activity.

■ Evaluate or Re-Assess

An evaluation or re-assessment can provide information about what's working, what's not working and the extent to which desired changes have taken hold. In many cases a basic re-assessment can be completed using the same tools used during the initial assessment.

For more information:

Early Childhood On-Line SNAP-Ed Toolkit

www.ccfproundtable.org/docs/FinalECEToolKit100114.pdf

Or contact Contra Costa Child Care Council, Child Health and Nutrition Program for assistance with development of written Nutrition and Physical Activity Policies

— Kitty Lenhart, RD,

Contra Costa Child Care Council

KIDS' HEALTH & SAFETY

Measles Outbreak Information

SINCE DECEMBER 2014, a measles outbreak that began at Disneyland has spread to include dozens of cases in multiple states. Most of the people who have become sick were not vaccinated against measles. This is a stark reminder of the importance of making sure your children are fully vaccinated.

Is the measles a mild or serious illness?

Measles was once a common childhood disease and almost an expected part of growing up. While most children recovered from the measles without problems, many others did not. In some children, the infection caused pneumonia and in a few, encephalitis (*infection of the brain*) and even death. Of every 1,000 people who contracted measles, 1 to 2 would die. Before the measles vaccine was available, every year an average of 450 people died from measles; most of them were healthy children.

Thanks to the success of the measles vaccine, we are now able to protect children from the measles. However, in recent years some parents have refused or delayed vaccinating their children out of fear or misinformation about the safety of the measles vaccine. This means there are many more unvaccinated children, adolescents and adults in our communities. Choosing to not vaccinate your children not only leaves them susceptible to measles, but also exposes other children to measles. This includes infants who are too young to be vaccinated and those who are unable to be vaccinated due to other health conditions.

How is measles spread?

The measles virus spreads easily through the air and can live for up to two hours on surfaces infected patients have touched or in the air where they may have coughed or sneezed. It can also be transmitted by direct contact with



fluids from the nose or mouth of an infected person. Measles is still common and large outbreaks still occur in many other parts of the world. Most of the recent outbreaks in the US have started with an unvaccinated person from the US traveling to another country with measles outbreaks and bringing it back to the US. It is one of the most infectious agents known to man.

Is the measles vaccine safe?

Yes, very. A vaccine, like any medicine, is capable of causing side effects but usually these are mild, such as pain or swelling at the injection site and a fever that lasts a day or two.

The risk of the measles vaccine causing serious harm is extremely small. Getting the measles vaccine is much safer than contracting the measles infection.

When do children need to get the measles vaccine?

The American Academy of Pediatrics (AAP), the Centers for Disease Control and Prevention and the American Academy of Family Physicians all recommend children receive the MMR vaccine at age 12–15 months, and again at 4–6 years. Children can receive the second dose earlier as long as it is at least 28 days after the first dose.

A high immunization rate in a community protects those who are too young to be vaccinated, including infants under 12 months of age. These infants are at the highest risk of serious illness, hospitalization and death due to measles.

— Adapted from: *American Academy of Pediatrics*
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Asparagus Mimosa

Asparagus, trimmed 1 pound
 Butter, divided 1 Tbsp
 Parmesan cheese, grated ... 2 Tbsp
 Lemon zest, finely grated ... ½ tsp
 Egg, hard-cooked 1
 Kosher salt to taste

1. Heat one teaspoon of the butter in a small skillet over medium heat. When the foaming subsides, add the panko and toss to coat the crumbs with butter. Continue cooking, stirring occasionally, for 4–5 minutes, until the panko browns slightly. Scoop the panko into a small mixing bowl. While the panko is still warm, add the cheese and lemon zest and stir gently.
2. Peel the egg and grate on a fine grater or press through a coarse sieve. (ideally, the egg should be slightly warm). Toss the grated egg with the panko mixture to combine.
3. Rinse the asparagus and steam for 6 minutes. Remove from steamer and sprinkle with salt to taste. While the asparagus is hot, toss with the remaining two teaspoons of butter to coat. Top with panko-egg mixture. Serve immediately.

Yield: 6 servings

Meets requirement for fruit/vegetable

— Cookingfortwo.about.com

Creamy Chicken and Broccoli Casserole

Broccoli florets 3 cups
 Canola oil 1 Tbsp
 Onion, chopped 1 cup
 Mushrooms, sliced 1 pound
 All-purpose flour 3 Tbsp
 Milk 1½ cups
 Plain yogurt ½ cup
 Mayonnaise ¼ cup
 Pepper ½ tsp
 Salt ¼ tsp
 Cheddar cheese, shredded 1 cup
 Chicken breast, cooked and chopped 3 cups

1. Steam broccoli until tender.
2. Heat a large ovenproof skillet over medium-high heat. Add oil to pan; swirl to coat. Sauté onion and mushrooms; stirring occasionally until mushrooms are browned and liquid evaporates. Sprinkle mushroom mixture with flour; cook 1 minute, stirring constantly. Stir in milk. Bring to a boil; cook 3 minutes or until thick and bubbly. Preheat broiler.
3. Stir in broccoli and chicken; cook 1 minute. Remove pan from heat and mix in in yogurt, mayonnaise, pepper and salt. Top evenly with cheese; broil 2 minutes.

Yield: 8 servings

Meets requirement for protein/meat alternate and fruit/vegetable

— myrecipes.com

Activity Corner

LET'S GROW SEEDS!

Children can use corn and bean seeds to examine seed growth. These are large seeds with different shapes and color. They have different types of leaves/ growth and germinate quickly.

Fold a paper towel in half. Unfold and poke two very small holes, along the crease. Place a seed on top of each hole.

Re-fold the paper towel and staple the sides to make a pouch. Label the top of the paper towel (bean and corn).

Carefully place the paper towel, fold side down, into a clear, sandwich bag. Tape the bag firmly to a piece of card stock, leaving the top open.

Pour a small amount of water into the bag to dampen the paper towel. Do not close the bag. Hang your experiment on the wall in a bright location and check it daily. Dampen paper towel as needed.

Peek inside the paper towel to see what the seeds are doing. The seeds should break open and the roots should grow down through the small hole you poked in the paper towel. Seedlings can be transplanted.

— Adapted from: www.kidzone.ws/science/seeds.htm

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Food Q: What does the bat eat its dinner on?
Funny A: Home plate and it has a ball!